Hey, climbers! IT’S ALMOST FALL BREAK!!!! 🍁🍂

Practices for the week of 10/10 (ONLY belay certified climbers):

Monday 8-10 pm: Around the World - rotate ropes throughout the practice
Tuesday 4:30 - 6:30 pm: Technique Tuesday - improve your climbing technique
Thursday 4:30 - 6:30 pm: Projecting - work on routes that are difficult for you

There will be no practice from Saturday, October 15 to Sunday, October 23. Practice will resume Monday, October 24. Happy break!

Green - Low Intensity
Yellow - Medium Intensity
Orange - Medium/High Intensity
Red - High Intensity

All ability levels are welcome at all practices! The color coding is so that you have a general idea of what the vibe of the practice is going to be.

Info on belay classes and open hours:
1. Attend a learn-to-belay class
2. Get belay tested + certified at any Open Hours session.

Finally, if you are interested in participating in climbing team social events, please sign up for the social listserv (separate) on this form.
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You can also join our groupme at this link!

One last thing—after Tuesday/Thursday practices, we eat team dinner (aka, nutrition practice) in a dining hall, so be sure to save your dinner plans for that!

PS: Add your birthdays here :)
Climbing Team Birthdays

Good luck on midterms!